

# Mini Veggie Frittatas

These easy and healthy mini frittatas are sure to please your brunch guests.



## Nutrition Facts

Yield 6 servings

Amount Per Serving (2 frittatas)

**Calories** 83

**Fat** 4 g

**Saturated fat** 2 g

**Cholesterol** 155 mg

**Protein** 8 g

**Carbohydrates** 2 g

**Fiber** 1 g

**Sodium** 119 mg

These look pretty with green and red vegetables. You can have them for a snack — or for breakfast with some whole-grain toast.

## Ingredients:

Cooking spray  
12 slices zucchini, 1/8-inch thick  
1/4 cup finely-chopped red bell pepper  
1 large green onion, white and part green, finely chopped  
5 large eggs  
1/4 teaspoon salt, if desired  
1/4 teaspoon freshly-ground black pepper  
1/4 teaspoon oregano leaves  
1/2 cup shredded, reduced-fat sharp cheddar cheese  
1/2 cup finely-sliced fresh mushrooms

## Preparation:

Preheat oven to 400 degrees F. Spray 12 muffin cups with cooking spray.

Add a zucchini slice to the bottom of each prepared muffin cup. Distribute bell pepper and green onion evenly between the 12 muffin cups.

In mixing bowl, beat eggs, salt (if using), pepper and oregano on medium-low speed until completely blended, about 2 minutes. Spoon about 1 1/2 tablespoons of the egg mixture into each of the muffin cups.

Sprinkle the cheese evenly over the top of the egg mixture. Divide mushrooms evenly across tops.

Bake until frittatas are set, about 10 to 12 minutes. Use a small rubber scraper to remove the frittatas from the pan and serve warm.

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